WHAT IS CLAIMED IS:

- 1. A fluid transfer fitment, said fitment comprising:
 - a cap portion having a first fluid transfer opening;
 - an engaging segment for engaging a receiving member of a fluid delivery mechanism, wherein said engaging segment extends from said first fluid transfer opening of said cap portion and wherein said engaging segment comprises a wall defining a cavity and a second fluid transfer opening in fluid communication with said first fluid transfer opening; and
 - a fluid transfer check valve for controllably preventing a fluid from flowing through said fitment, wherein said fluid transfer check valve is connected to said engaging segment and wherein at least a portion of said fluid transfer check valve is located within said engaging segment.
- 2. The fluid transfer fitment of claim 1 further comprising a fluid filled reservoir having a finish portion wherein said cap portion is releasably attached to said finish portion and wherein said fluid filled reservoir is inverted.
- 3. The fluid transfer fitment of claim 1 wherein said cap portion comprises a vent opening in fluid communication with the outside atmosphere and a vent valve in fluid communication with said vent opening.
- 4. The fluid transfer fitment of claim 3 wherein said fluid transfer check valve controllably closes said first fluid transfer opening in a substantially leak-tight manner.
- 5. The fluid transfer fitment of claim 3 wherein said fluid transfer check valve controllably closes said second fluid transfer opening in a substantially leak-tight manner.
- 6. A fluid delivery mechanism, said fluid delivery mechanism comprising:
 a docking member having a top surface and an opening through said top surface

a receiving member for receiving an engaging segment of a fitment having a fluid transfer check valve, wherein said receiving member comprises a wall having an inner surface defining a chamber, an upper portion being adjacent to an upper inlet, said upper inlet being engageable by said engaging segment and lower portion being adjacent to a lower outlet, wherein at least a portion of said receiving member extends through said opening of said docking member and wherein said receiving member is connected to said docking member and wherein said receiving member is in fluid communication with a nozzle member; and

actuating means for movably actuating said fluid transfer check valve, wherein said actuating means is connected to said receiving member and wherein said actuating means is located within said chamber of said receiving member.

- 7. The fluid delivery mechanism of claim 6 further comprising a transition member, said transition member comprising a substantially hollow body having an upper opening and a lower opening such that a fluid can flow from said upper opening to said lower opening of said transition member, wherein said upper opening is located within said chamber.
- 8. The fluid delivery mechanism of claim 7 wherein said lower opening of said transition member is in fluid communication with said nozzle member.
- 9. The fluid delivery mechanism of claim 8 wherein said actuating means is a rod being connected to said transition member.
- 10. The fluid delivery mechanism of claim 9 wherein said transition member comprises a contacting member wherein said contacting member is located between said actuating rod and said upper opening of said transition member.
- 11. The fluid delivery mechanism of claim 10 wherein said contacting member separates said chamber into an upper chamber and a lower chamber in a substantially leak-tight manner such that a fluid cannot flow from said upper chamber to said lower

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chamber when said contacting member sealingly contacts said inner surface of said receiving member.

- 12. The fluid delivery mechanism of claim 11 wherein said receiving member is substantially deformable.
- 13. The fluid delivery mechanism of claim 12 wherein said receiving member is substantially radially and outwardly deformed when pressure is applied to said transition member such that said contacting member ceases to sealingly contact said inner surface of said and such that a fluid flows from said upper chamber to said lower chamber by gravity.
- 14. A fluid connecting mechanism for a cleaning implement, said fluid connecting mechanism comprising:
 - a handle,
- a mop head having a top surface, wherein the top surface of said mop head is rotatably connected to said handle with a universal joint having a first and a second rotational axis;
- a tube, wherein said tube communicates with said handle and said mop head and wherein at least a portion of said tube is located within said universal joint; and
- a resilient member, wherein said resilient member is connected to said portion of said tube located within said universal joint.
- 15. The fluid connecting mechanism of claim 14 wherein said tube is deformable.
- 16. The fluid connecting mechanism of claim 15 wherein said handle is substantially parallel to said mop head.
- 17. The fluid connecting mechanism of claim 14 wherein said resilient member is located within the portion of said tube located within said universal joint.

- 18. The fluid connecting mechanism of claim 14 wherein said resilient member is a spring.
- 19. A fluid connecting mechanism for a cleaning implement, said fluid connecting mechanism comprising:
 - a handle,
- a mop head having a top surface, wherein the top surface of said mop head is rotatably connected to said handle with a universal joint having a fist and a second rotational axis;
- a resilient tube member, wherein said resilient member is located within said universal joint and wherein said resilient tube portion has a substantially corrugated shape.
- 20. A mechanism for transferring fluid from a reservoir and delivering said fluid to the external environment, said mechanism comprising first and second elements, wherein:
 - a.) said first element comprises a fluid transfer fitment comprising, in association:
 - i.) means for removably attaching said first element to said reservoir;
 - ii.) a tubular engagement member extending outward from means (i) for engaging said second element and providing fluid communication between said reservoir and said second element;
 - iii.) valve means for controlling flow of said fluid between said reservoir and said second element, said valve means residing at least partially within said engagement shaft;
 - iv.) optionally, venting means for equalizing pressure within said reservoir as fluid flows therefrom; and
 - b.) said second element comprises a fluid delivery fitment, comprising:
 - v.) a receiving member having walls having a receiving orifice for insertion of said engagement shaft therethrough and an exit orifice leading to said external environment for delivery of said fluid thereto, said walls comprising a flexible, resilient material which provides an annular seal around said engagement shaft;

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- vi.) actuating means located within said receiving member for movably engaging said valve (iii); and
- vii.) means associated with said second element for effecting a motion to said actuating means sufficient to operate said valve.